

Reddit presents...

I'm tired of hating myself.

(Posted "as is" by the original poster)

I've been fat my entire life, and I've had issues with eating for as long as I can remember. I remember hiding in my closet eating halloween candy that I stole from the fridge when I was in first grade. Obviously something like that is fine as a single incident, but those feelings of shame and remorse but most importantly powerlessness around unhealthy eating are something I've been feeling my entire life.

I lost a significant amount of weight when I was in middle school. I remember counting calories and refusing to go above 500 for the day. My hair was falling out and I had blinding headaches but since I was already obese nobody really noticed. I don't know how but I eventually changed over to a healthier form of eating and maintained that for a couple of years. The most striking memory I have from that time was the first time I saw how much weight I had lost, when I was visiting my grandmother. My mother didn't have mirrors in the house and I didn't get out much or have a chance to observe myself for a long time so I hadn't actually really known what I looked like.

Then, over the summer I snapped. I started bingeing heavily and hiding it from my family who had thought I was still eating healthy. It didn't help that my family never had stable access to food, so whenever we had something to eat I went to extremes. I got kicked out at 17 and everything got so much worse once I had my own job. I could use all of my disposable income to buy junk food, and I binged nearly every day. Sometimes multiple times a day, because I would forget how much I had eaten as soon as I woke up in the morning so I allowed myself to eat extreme amounts at night.

I thought that was powerlessness, but then I was raped. It's been two years now and I still don't have a grasp over my eating. I don't know the last time I just had a normal meal. I'll go without food for as long as possible and then waste all of my money on doordash or ubereats so I can eat. I'm 900\$ in debt from that when I didn't have a job but now that I do have a job I will eat through my paycheck as soon as I get it. I'm aware this is an extreme food addiction. I am aware that I need help. But I can't. I don't know how to end this post but I really do think this is going to end up killing me.

Captured from:

https://www.reddit.com/r/offmychest/comments/1ak0w32/im_tired_of_hating_myself/

Posted by [u/ThrowRAGoodFish](#) [February 6, 2024 | 12:06:40 UTC +8]